

Panasonic®

Operation Guide Microwave Oven

INVERTER



Model Numbers:

**NN-S754 / NN-S784 / NN-T704
NN-T774 / NN-T784 / NN-T794**

Safety Instructions

Precautions to be taken when using Microwave Ovens for Heating foodstuffs

INSPECTION FOR DAMAGE. A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The door fits squarely and securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS. Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g., fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. The appliance is not intended for use by young children or infirm persons without supervision.
11. Young children should be supervised to ensure that they do not play with the appliance.

Important Instructions

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven if it is not working properly or if it has been damaged or dropped.

6. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Remove wire twist-ties from bags before placing bag in oven.
 - (c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

WARNING—Improper use of the earthing plug can result in a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRIC INDUSTRIAL CO.,LTD.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement applicable only to South Africa)

WARNING

- a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
- b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to perform repair services.
- c) If the supply cord of this appliance is damaged, it must be replaced by a qualified service technician with the special cord available only from the manufacturer.
- d) Before use, the user should check that utensils are suitable for use in microwave ovens.
- e) Liquids or other foods must not be heated in sealed containers since they are liable to explode.
- f) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Installation and General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
2. If smoke is observed, press the **STOP/RESET** Pad and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike the Control Panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the Glass Tray. The GlassTray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **DO NOT** use this oven to heat chemicals or other non-food products. **DO NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
11. Look at the oven from time to time when food is heated or cooked in disposal containers of plastic, paper or other combustible materials, as these types of containers ignite if overheated.

Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 15 cm of space on the top of the oven, 10 cm at the back, and 5 cm on both sides. If one side of the oven is placed flush to wall, the other side or top must not be blocked. Do not remove feet.**
 - a. Do not block air vents. If they are blocked during operation, the oven may be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Also allow sufficient space on back and both sides of the oven.
 - b. Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - c. Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
3. This oven may be built into a wall cabinet, if desired. This microwave oven is designed and approved for use only with a genuine Panasonic trim kit for Model number listed in the operating instructions (page 21). Installation with any other trim kit may void the warranty.

Circuits

Your microwave oven should be operated on a separate 10 A circuit from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell and whole hard-boiled eggs (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages, in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of hot liquid. To prevent this possibility the following steps should be taken:
 - a) Avoid using straight-sided containers with narrow necks.
 - b) Do not overheat.
 - c) Stir the liquid before placing the container in the oven and halfway through cooking time.
 - d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.

When microwaves come in contact with a substance, any one or combination of three things may occur. They can be:

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection:

Metal substances REFLECT microwave energy and because there is no absorption, there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission:

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption:

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

Cookware and Utensil Guide

It is important to use the correct container when cooking in a microwave oven. The following will help you make the right selection.

How to Test a Container for Safe Microwave Oven Use

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE: Fill a 1-cup glass measure with cool water and place it in the microwave oven alongside the empty container to be tested; **heat one (1) minute at P10**. If the container is microwave oven-safe (transparent to microwave energy), the container should remain comfortably cool, the water in glass measure should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned.

Several types of glassware and dinnerware are not recommended for use in the microwave oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Cookware and Utensil Guide *(continued)*

Plastics

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven.

Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on **P10** power. These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, **DO NOT** use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).

DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.

Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns.

Loosen plastic but let dish stand, covered.

Jars and Bottles

Jars and bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Metal

Metal cookware or utensils, or those with metallic trim, should **NOT** be used in the microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing."

Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to shield areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should **NOT** be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should **NOT** be used in the microwave oven. Frozen dinner trays can be used in the microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.

Thermometers are available for use in microwave ovens. **DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS** in food while cooking in the microwave oven.

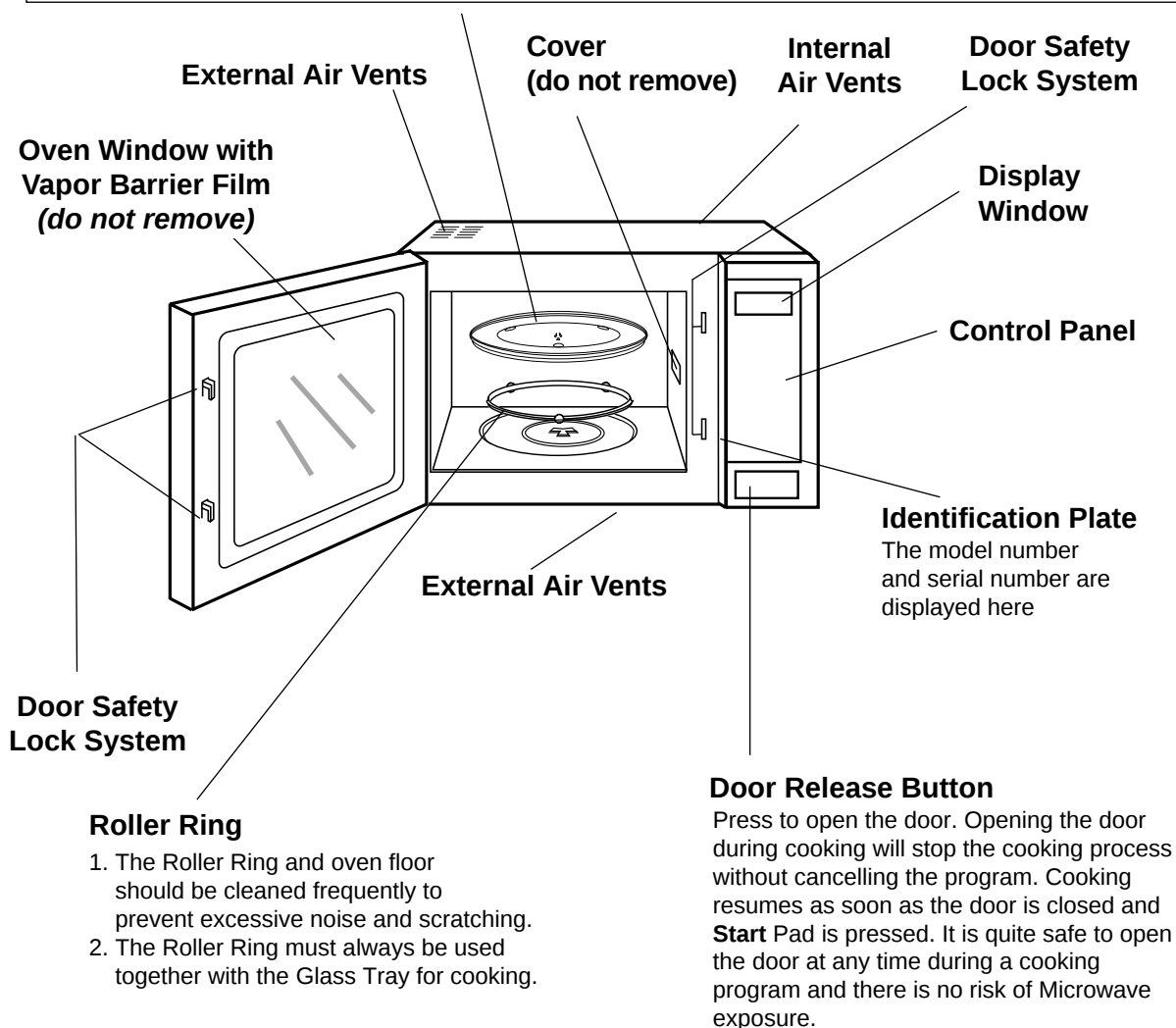
Straw, Wicker and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should **NOT** be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

Feature Diagram

Glass Tray

1. Do not operate the oven without the Roller Ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute another Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on Glass Tray. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensil on Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal.
6. Glass Tray can rotate in either direction.

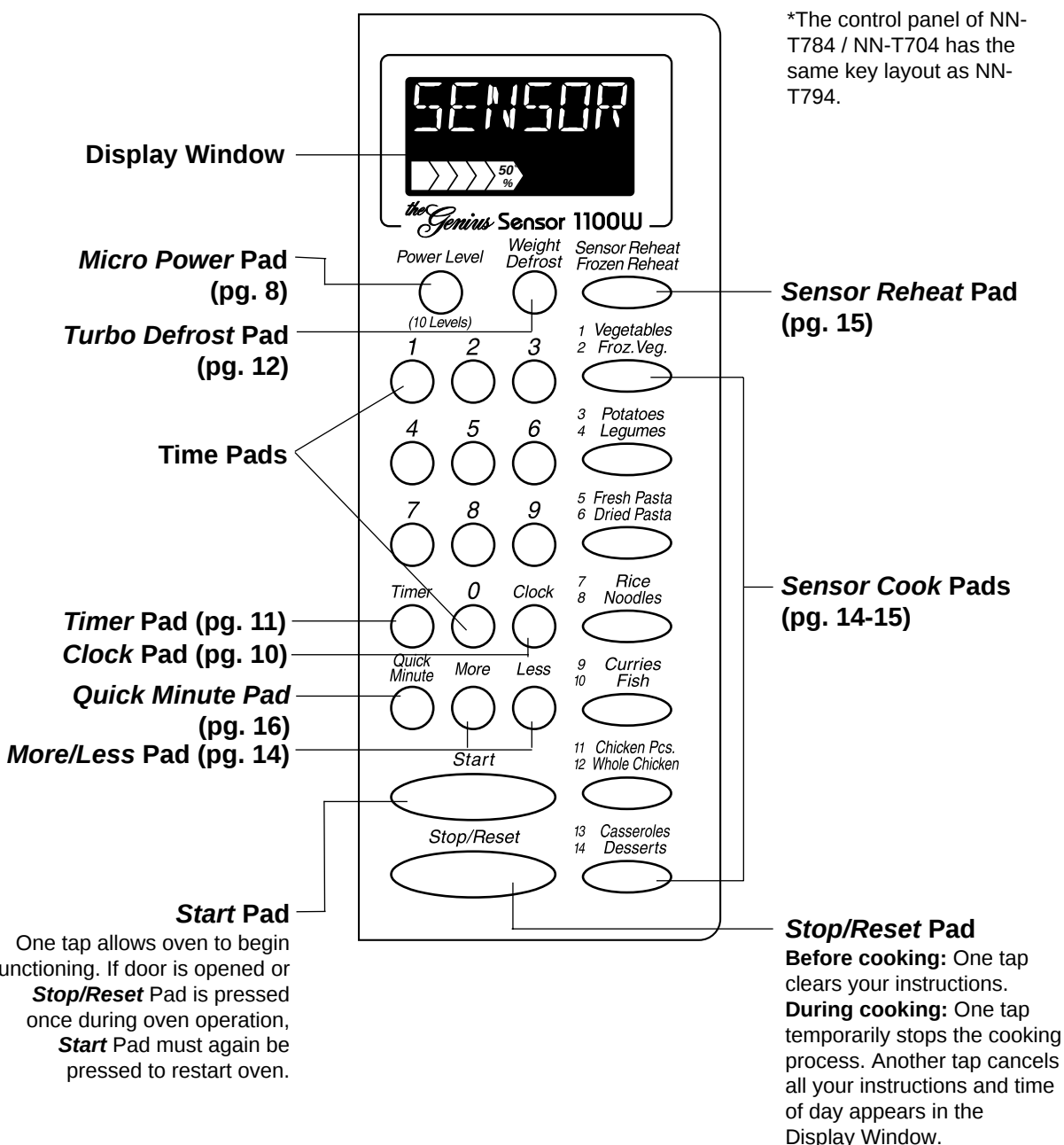


Oven Light:

Oven light turns on during cooking and also when door is opened.

Control Panels

NN-T794

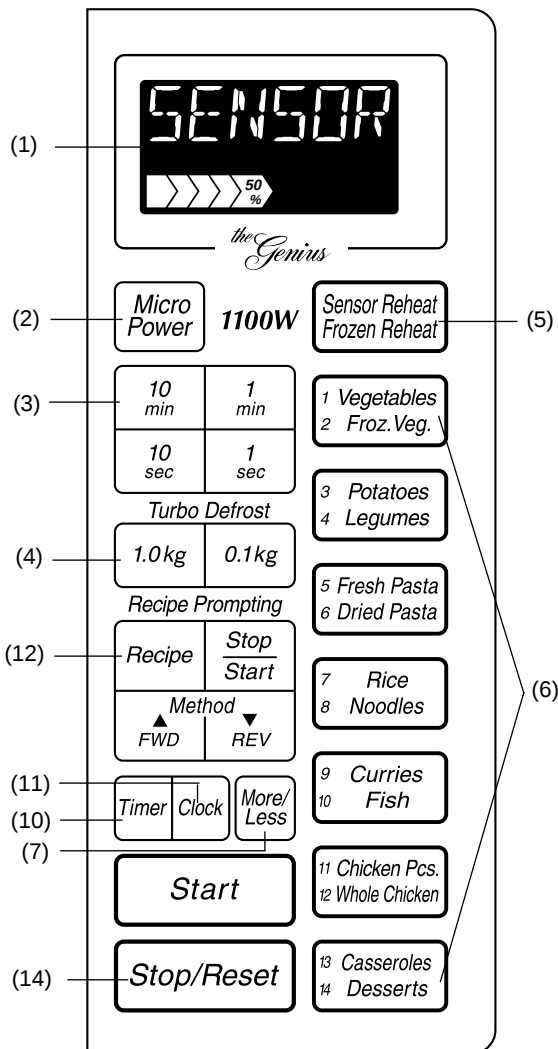


Word Prompters

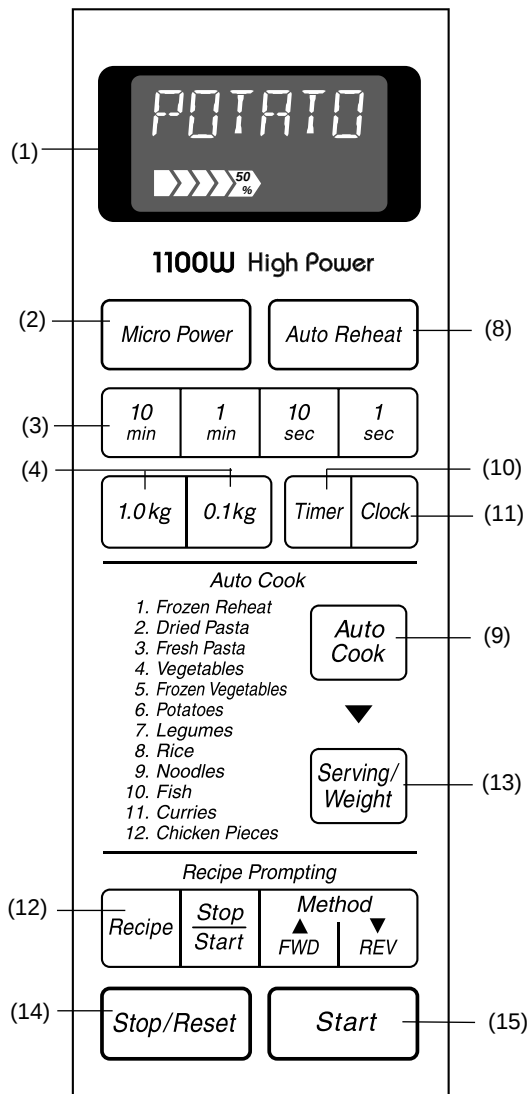
When pads are pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the Display Window. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the Display Window. Words will automatically appear to prompt the user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete programme, the oven will beep five times and "ENJOY YOUR MEAL" will appear in the Display Window.

Control Panels

NN-T774



NN-S754



*The control panel of NN-S784 has the same key layout as NN-T774.

- (1) Display Window
- (2) Micro Power Pad (pg. 9)
- (3) Time Pads
- (4) Turbo Defrost Pad (pg. 12)
- (5) Sensor Reheat Pad (pg. 15)
- (6) Sensor Cook Pads (pg. 14-15)
- (7) More/Less Pad (pg. 14)
- (8) Auto Reheat Pad (pg. 16)
- (9) Auto Cook Pad (pg. 17)
- (10) Timer Pad (pg. 11)
- (11) Clock Pad (pg. 10)
- (12) Recipe Prompting Pads (pg. 18-19)

- (13) Serving / Weight Pad (pg. 17)
- (14) Stop/Reset Pad

Before cooking: One tap clears your instructions.

During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in the Display Window.

- (15) Start Pad

One tap allows oven to begin functioning. If door is opened or **Stop/Reset** Pad is pressed once during oven operation, **Start** Pad must again be pressed to restart oven.

Let's Start To Use Your Oven!

1 Plug in

Plug into a properly earthed electrical outlet. "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" appears in the Display Window. (This will immediately cease when any pad is pressed.)

2 Open Door

Open the door and place container with food on Glass Tray in the oven. Then close the door.

3 Select Power Level

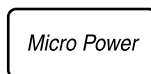
e.g. P7

Press **Micro Power** Pad four times.
(see page 9 for Micro Power chart)

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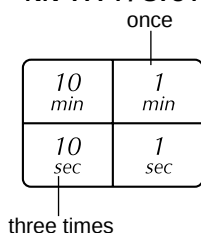
Power Level
(10 Levels)

4 Set Time

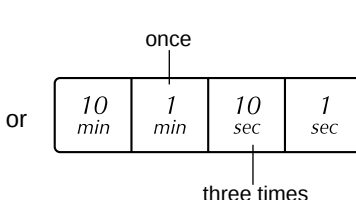
e.g. 1 minute 30 seconds

Press numbered Time Pads

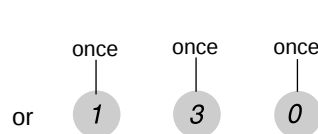
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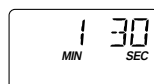


or



5 Press

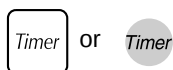
Verify your selection(s) in the Display Window.



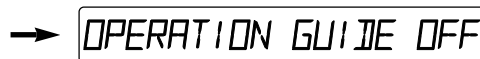
Operation Guide in the Display Window

To assist you in programming your oven, the following operation will appear in the Display Window. When you become familiar with your oven, the Operation Guide can be turned off.

To turn off:



Press 3 times.

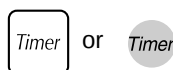


Display Window



Colon or time of day appears in the Display Window.

To turn on:



Press 3 times.



Display Window



Colon or time of day appear in the Display Window.

To Cook / Reheat / Defrost by **Micro Power and Time**

1 Select Power Level

Press **Micro Power** Pad until the power level appears in the Display Window. (see chart below)

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or

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or

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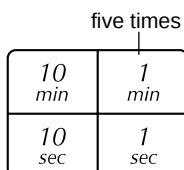
Power Level
(10 Levels)

Note: When selecting P10 on the first stage, you can start from step 2.

2 Set Cooking Time e.g. 5 minutes

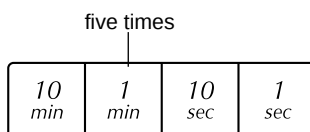
(P10: up to 30 minutes, other powers: up to 99 minutes and 99 seconds for a single stage)

NN-T774 / S784



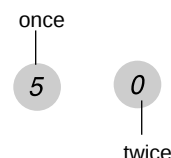
or

NN-S754



or

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or

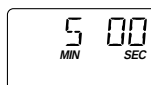
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3 Press

Cooking will start.

The time in the Display Window will count down.



For more than one stage cooking,

Repeat steps 1 & 2 above then press **Start**. The maximum number of stages for cooking is 3. The oven will beep twice between stages.

e.g. : Casserole

Stage 1

Stage 2

P10 for 10 minutes
to bring to a boil

P2 for 50 minutes
to finish cooking by simmering

Micro Power:

The **Micro Power** Pad gives you a selection of different power levels representing decreasing amounts of microwave energy, used for cooking foods at different speeds.

e.g. The lower the micro power setting, the more evenly the food cooks, although it will take a little longer.

To select the correct power level for cooking different foods, refer to the chart below.

Press	POWER LEVEL	WATTAGE	EXAMPLE OF USE
1x	P10	1100 W	Boil water. Cook vegetables, rice, pasta and noodles. Reheating.
2x	P9	1000 W	Cook fresh fruits.
3x	P8	900 W	Cook cakes, desserts. Heat milk.
4x	P7	800 W	Cook pork, whole chicken and chicken pieces.
5x	P6	700 W	Cook beef, lamb and eggs. Melt butter.
6x	P5	600 W	Cook meatloaves. Melt chocolate.
7x	P4	400 W	Cook fish and seafood.
8x	P3	300 W	Thaw foods. Cook christmas pudding, corned beef, dried beans and peas.
9x	P2	200 W	Simmer soups, stews and casseroles (less tender cuts).
10x	P1	100 W	Keep cooked foods warm, simmer slowly.

To Set Clock

You can use the oven without setting the clock.

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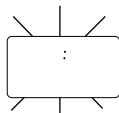
1 Press



or



Colon will blink in Display Window.



2 Enter Time of Day

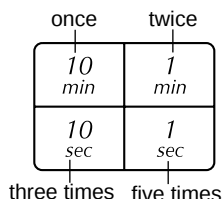
Enter time of day using Time Pads e.g. 12:35

Clock is a 12 hour display. There isn't a.m. or p.m. setting.

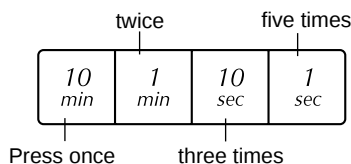
NN-T774 / S784

NN-S754

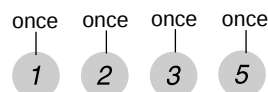
NN-T794 / T784 / T704



or



or



NN-T774 / S784 / S754

NN-T794 / T784 / T704

3 Press



or



Colon stops blinking; time of day is entered and locked into Display Window.

NOTES: 1. Oven will not operate while colon is still blinking

2. To reset time of day, repeat step 1 through 3.

3. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.

4. Maximum time available is 12:59. Clock is 12 hour only.

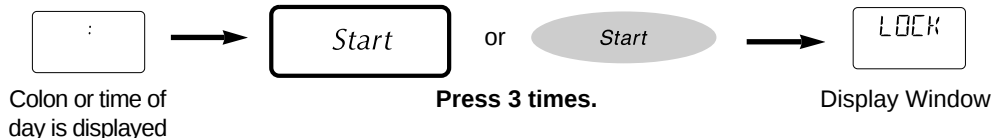
12:35

To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open. You can set Child Safety Lock when colon or time of day is displayed.

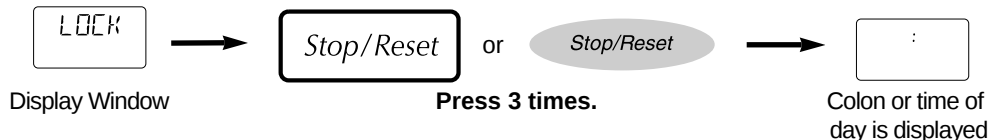
To set:

NN-T774 / S784 / S754 NN-T794 / T784 / T704



To cancel:

NN-T774 / S784 / S754 NN-T794 / T784 / T704



To Use Timer Pad

To Use as a Kitchen Timer

Press.

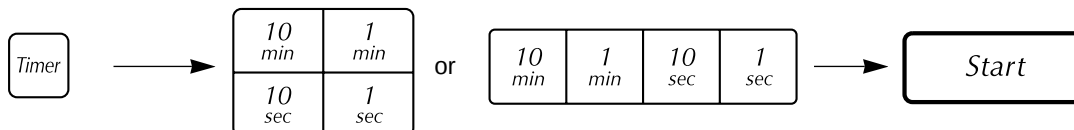
Set desired amount of time.

(up to 99 minutes and 99 seconds)

Press Start.

Time will count down without oven operating.

NN-S754 / S784 / T774



NN-T794 / T784 / T704



To Set Standing Time

Press.

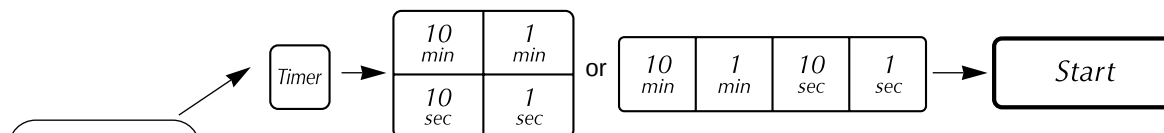
Set desired amount of standing time.

(up to 99 minutes and 99 seconds)

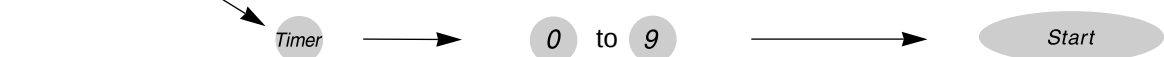
Press Start.

Cooking will start. After cooking, standing time will count down without oven operating.

NN-S754 / S784 / T774



NN-T794 / T784 / T704



To Set Delay Start

Press.

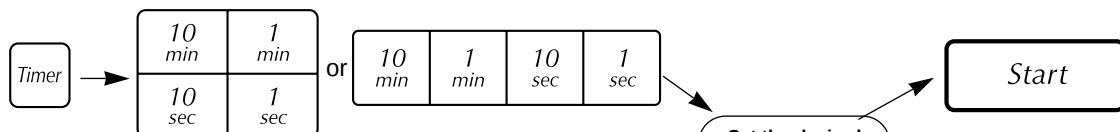
Set desired amount of delay time.

(up to 99 minutes and 99 seconds)

Press Start.

Delayed time will count down. Then cooking will start.

NN-S754 / S784 / T774



NN-T794 / T784 / T704



NOTES:

1. If oven door is opened during the Standing Time or Kitchen Timer, the time in the Display Window will continue to count down.
2. Delay Start cannot be programmed before any Auto Control function. This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results and / or food may deteriorate.

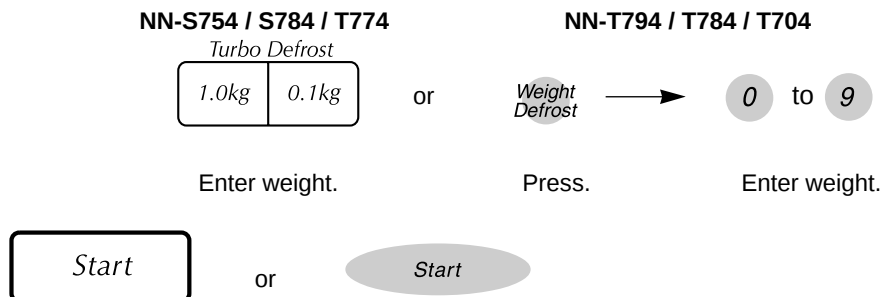
To Defrost

Turbo Defrost

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight of the food.

1 Set Weight

The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size. Weight must be programmed in kilograms and tenths of a kilogram (max 3.0 kg).



2 Press

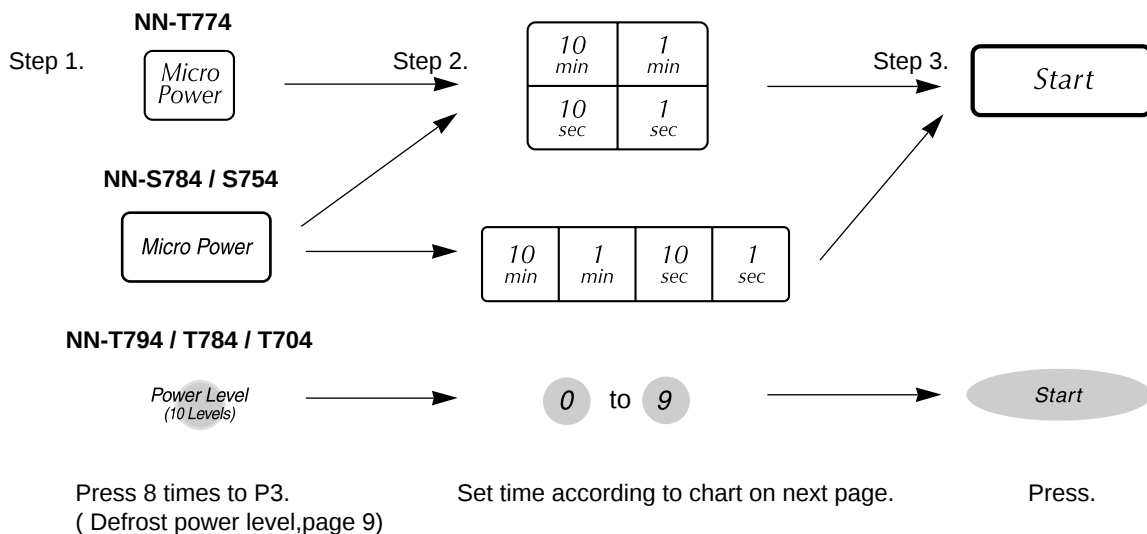
Defrost time appears in the Display Window and begins to count down.

When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

NOTES:

For further information, refer to next page.

Defrost by Micro Power and Time Setting



Defrosting Tips and Techniques

Preparation for Freezing:

1. Heavy-duty plastic wraps, bags and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

Defrosting Technique:

1. Remove from wrapper and set on a defrosting rack in a dish on Glass Tray.
2. On Turbo Defrost, the oven will beep during the defrosting time. At "beep", turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

Defrosting Chart (by setting Micro Power at P3):

FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
MEAT		
Beef		
Minced Beef	7 - 9	Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.
Roast: Topside	8 - 10	
Beef Tenderloin	8 - 10	Turn meat over two to three times during defrosting.
Chuck or Rump	8 - 10	
Sirloin, rolled	8 - 10	Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
Steak	6 - 8	
Miscellaneous	7 - 9	
Pork/Lamb		
Roast	8 - 10	Large roasts may still be icy in centre. Let stand.
Chops	6 - 8	
Ribs	6 - 8	
POULTRY		
Chicken		
whole	8 - 10	Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones and ends of poultry with foil.
pieces	7 - 9	
fillets	7 - 9	Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces.
Duck	7 - 9	
Turkey	8 - 10	Rinse poultry under cold water to remove ice crystals. Let stand 5 to 10 minutes, before cooking.
FISH & SHELLFISH		
Fish Fillets	8 - 10	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops.
Whole Fish	7 - 9	
Crabmeat	6 - 8	Remove any pieces that are defrosted.
Lobster Tails	6 - 8	
Sea Scallops	6 - 8	Let stand, 5 to 10 minutes, before cooking.
Green Prawns	6 - 8	

To Cook Using **Sensor Cook** (except NN-S754) (S)

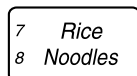
Sensor Cook

1 Select Category

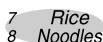
To select the lower category on the key pads, keep pressing the food category pad

NN-T774 / S784

NN-T794 / T784 / T704



or



press once for rice
press twice for noodles
Category appears in the display window.

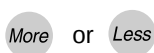
NOTE: When cooking using the automatic sensor, all food must be covered securely with plastic wrap. Do not use plastic containers as a secure seal cannot be achieved and inaccurate cooking may occur.

NN-T774 / S784

NN-T794 / T784 / T704



or



More/Less Pad:

Preferences for food doneness varies with each individual. After having used Sensor Cook a few times, you may decide you prefer your food cooked to a different doneness. By using the **More/Less** Pad, the Auto Sensor programmes can be adjusted to cook food for a longer or shorter time. Press **More/Less** Pad before pressing **Start** Pad.

For NN-S784 / T774,

- 1 tap : More cooking with indication "MORE+"
- 2 taps: Less cooking with indication "LESS-"
- 3 taps: Returns to average cooking result.

For NN-T794 / T784 / T704,

- MORE** key tap: More cooking with indication "MORE+"
- Less** key taps: Less cooking with indication "LESS-"

If you are satisfied with the result of the **SENSOR COOK** programme, you don't have to use this pad.

2 Press



or



Note: The door should not be opened before the countdown time appears in the Display Window.

- 3** After the heat and humidity is detected by the SENSOR, the remaining cooking time appears in the Display Window and begins to count down. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

Sensor Reheat (except NN-S754)

NN-T774 / S784

Sensor Reheat
Frozen Reheat

If desired, press **More / Less** Pad.

Start

NN-T794 / T784 / T704

Sensor Reheat
Frozen Reheat

Start

• **Press**

once:Sensor Reheat
twice:Frozen Reheat

• **Press**

After the heat and humidity is detected by the SENSOR, the remaining time appears in the Display Window and begins to count down.

For best results on Sensor Reheat, follow these recommendations:

1. Food being reheated should weigh between 125 g and 1.0 kg. For foods weighing less than 125 g and more than 1.0 kg, use a manual micro power setting.
2. All foods must be previously cooked and at room or refrigerator temperature (for sensor reheat) or frozen at -18°C for at least 24 hours (for frozen reheat).
3. Foods should always be covered loosely, but completely, with plastic wrap. (Do not use any snap closing lids.)
4. All foods should have a covered stand time of at least 3 to 5 minutes.
5. **Do not** reheat bread or pastry products (raw or uncooked), or beverages.
6. **Do not** use if oven cavity is warm (from previously cooked foods).

Consult the following Recipe Chapters for Sensor Cooking Instructions for Each Category on your oven.

Menu	Recommended Weight
Sensor Reheat	
- Sensor Reheat	125 g - 1.0 kg
- Frozen Reheat	125 g - 1.0 kg
1 Vegetables	125 g - 500 g
2 Frozen Vegetables	125 g - 1.0 kg
3 Potatoes	125 g - 1.0 kg
4 Legumes	1 - 4 cups
5 Fresh Pasta	125 g - 625 g
6 Dried Pasta	125 g - 500 g
7 Rice	1 cup - 2½ cups
8 Noodles	150 g - 800 g
9 Curries	250 g - 750 g
10 Fish	125 g - 500 g
11 Chicken Pieces	400 g - 1.0 kg
12 Whole Chicken	1.0 kg - 2.0 kg
13 Casserole	500 g - 2.0 kg
14 Dessert	375 g - 1.5 kg

To Use Quick Minute Pad (only for NN-T794 / T784 / T704)

Quick
Minute

1 Press

Press **Quick Minute** pad until the desired cooking time (up to 10 minutes) appears in the display window. Power Level is pre-set at P10.

Start

2 Press

Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.

Note:

1. This feature allows you to set or add cooking time in 1 minute increments up to 10 minutes.
2. If desired, you can use other power levels. Select desired power level before setting cooking time.
3. After setting the time by Quick Minute pad, you can not use Number pads.
3. Quick Minute pad can be used to add more time during manual cooking.

To Reheat Food Using Auto Reheat (only for NN-S754)

Auto Reheat

1 Press

until the desired weight appears in the Display Window.

NO. OF TAPS	DISPLAY	RECOMMENDED FOOD WEIGHT
1	250 g	200 - 300 g
2	450 g	400 - 500 g
3	650 g	600 - 700 g
4	850 g	800 - 900 g

Start

2 Press

Reheating time appears in the Display Window and begins to count down.

For best results on Auto Reheat, follow these recommendations:

1. All foods must be precooked. Suitable for casseroles, plated dinners, soups, stews, pasta dishes (except lasagne), canned foods.
2. Foods should be reheated from room temperature or refrigerator temperature. Do not reheat frozen foods on this setting.
3. Foods should be covered loosely but completely with plastic wrap or a casserole lid which does not snap seal.
4. Foods weighing less than 200 g and more than 900 g should be reheated by Micro Power and Time only.
5. All foods should have a covered stand time of 3 to 5 minutes at the end of reheating.
6. **Do not** reheat bread or pastry products; raw, uncooked or frozen foods; or beverages.

To Cook Food Using **Auto Cook** (only for NN-S754)

1 Press Auto Cook Pad

Auto
Cook

Press the Auto Cook Pad until the desired food category appears in the display window.

2 Press Desired Serving / Weight Pad

Serving/
Weight

Press the desired serving / weight Pad until the desired food Serving/Weight appears in the display window. (see below chart)

Pad	Food Category	Serving / Weight			
		1 tap	2 taps	3 taps	4 taps
Auto Cook	1. Frozen Reheat	250 g	450 g	650 g	850 g
	2. Dried Pasta	150 g	250 g	375 g	500 g
	3. Fresh Pasta	250 g	375 g	500 g	625 g
	4. Vegetables	120 g	180 g	250 g	370 g
	5. Frozen Vegetables	120 g	250 g	500 g	750 g
	6. Potatoes	250 g	370 g	500 g	900 g
	7. Legumes	1.0 cup	2.0 cup	3.0 cup	4.0 cup
	8. Rice	1.0 cup	1.5 cup	2.0 cup	2.5 cup
	9. Noodles	200 g	350 g	500 g	800 g
	10. Fish	120 g	250 g	370 g	500 g
	11. Curries	250 g	500 g	750 g	—
	12 Chicken Pieces	400 g	600 g	800 g	1000 g

Start

3 Press

Cooking time appears in the Display Window and begins to count down.

* See Individual recipe chapters for hints and food types suitable for each Auto Cook food category.

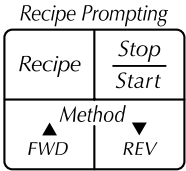
To Use Recipe Prompting (except NN-T794 / T784 / T704)



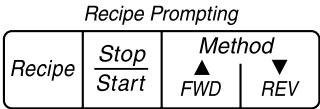
To Use Recipe Prompting

This feature helps you to cook by following the instructions given in the Display Window.
The instructions for a total of 30 recipes are given (see following page).

NN-T774 / S784



NN-S754



1 Press



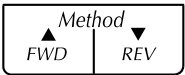
Until the desired recipe appears in the Display Window.
For the previous recipe, press



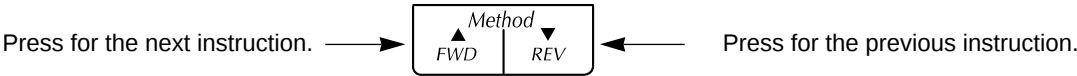
Recipes are arranged alphabetically. The first time you use **Recipe Prompting** after plugging in your oven, the first recipe, **Beef Stroganoff**, will appear. The next time you press the **Recipe** pad, the last recipe you selected will be displayed.

Once you have selected a recipe,

2 Press



The first instruction will scroll across the Display Window.



"ENJOY YOUR MEAL" appears in the Display Window at the end of each recipe.

HINTS WHILE USING RECIPE PROMPTING

RecipePrompting 	One tap: Stops scrolling of the Display Window. Two taps: Restarts scrolling of the Display Window. After you have programmed the recipe with micro power level and cooking time, press Start .
	1. While instructions are in the Display Window, one tap will clear the Display Window and colon or time of day will appear in the Display Window. 2. While setting power or time, previous instruction will appear in the Display Window by one tap. Two taps make the colon or time of day appear in the Display Window. 3. While cooking, one tap stops the remaining cooking time counting down. The next instruction will start scrolling by two taps.
	Cooking will start by pressing this pad.

To Use Recipe Prompting (except NN-T794 / T784 / T704)



NOTE:

Throughout Recipe Prompting, the oven will instruct you to set the cooking time and power level at each stage of the recipe. Set the instructed power level and cooking time using the Micro Power pad and numbered Time pads. These settings are a guide only. If you wish to change, the oven can accept a different power level and cooking time.

For further information about cooking any of these recipes, refer to the recipe section.

The following recipes are programmed in Recipe Prompting:

Recipe	Page	Recipe	Page
Beef Stroganoff	22	Green Peppercorn Chicken	15
Cheese Sauce	43	Herbed Vegetables	26
Cheesy Mashed Potatoes	26	Honey Sesame Drumsticks	16
Chicken Cacciatore	15	Lemon Pepper Fish	12
Chicken Curry	17	Peach Crumble	35
Chicken Risotto	30	Potato and Leek Soup	7
Chilli Beef	22	Potato Bake	26
Chinese Beef and Vegetables	22	Pumpkin Soup	7
Chocolate Brownies	40	Rich Chocolate Sauce	43
Chocolate Fudge	40	Seasoned Roast Lamb	22
Cinnamon Poached Pears	41	Spaghetti Meat Sauce	22
Creamy Bacon Sauce	33	Speedy Nachos	9
Fragrant Coconut Rice	29	Sweet Berry Sauce	41
French Onion Beef Casserole	20	Tomato Vegetable Casserole	26
Garlic Prawns	11	Thai Vegetable Curry	26

INGREDIENT CONVERSION CHART

¼ cup	60 ml	¼ teaspoon	1 ml
⅓ cup	85 ml	½ teaspoon	2 ml
½ cup	125 ml	1 teaspoon	5 ml
⅔ cup	165 ml	2 teaspoons	10 ml
¾ cup	190 ml	3 teaspoons	15 ml
1 cup	250 ml	1 tablespoon	20 ml
1¼ cups	310 ml	1½ tbs	30 ml
1½ cups	375 ml	2 tbs	40 ml
2 cups	500 ml	3 tbs	60 ml
3 cups	750 ml	4 tablespoons	80 ml
3½ cups	875 ml		
4 cups	1 litre		
6 cups	1.5 litre		
8 cups	2 litre		

All recipes are tested using standard measurement that appear in the above chart.

Before Requesting Service

THESE THINGS ARE NORMAL

The oven causes interference with my TV.

Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.

Steam accumulates on the oven door and warm air comes from the oven vents.

During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.

I accidentally ran my microwave oven without any food in it.

Running the oven empty for a short time will not damage the oven. However, we do not recommend this.

PROBLEM

POSSIBLE CAUSE

REMEDY

Oven will not turn on.



The oven is not plugged in securely.

Remove plug from outlet, wait 10 seconds and re-insert.

Circuit breaker or fuse is tripped or blown.

Reset external circuit breaker or replace external fuse.

There is a problem with the outlet.

Plug another appliance into the outlet to check if the outlet is working.

Oven will not start cooking.



The door is not closed completely.

Close the oven door securely.

Start was not pressed after programming.

Press **Start** Pad.

Another programme has already been entered into the oven.

Press **Stop/Reset** Pad to cancel the previous programme and programme again.

The programme has not been entered correctly.

Programme again according to the Operating Instructions.

Stop/Reset has been pressed accidentally.

Programme over again.

The words "DEMO MODE"* appear on the screen



Clock Pad has been pressed three times.

Deactivate mode by pressing **Clock** Pad three times.

The "Lock" appears in the display window.



The Child Lock was activated by pressing **Start** pad 3 times.

Deactivated Lock by pressing **Stop/Reset** pad 3 times.

When the oven is turning on, there is noise coming from the Glass Tray.



The Roller Ring and oven bottom are dirty.

Clean these parts according to "Care of Your Microwave Oven" (see next page).

*DEMO MODE is designed for retail store display. Cooking and other functions will not operate during the DEMO mode. If it seems there is a problem with the oven, contact an authorised Service Centre.

Care of Your Oven

BEFORE CLEANING:

Remove plug from outlet. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:

Be sure to replace the Roller Ring and Glass Tray in the proper position and press **Stop/Reset** Pad to clear the Display Window.

Inside of the oven:

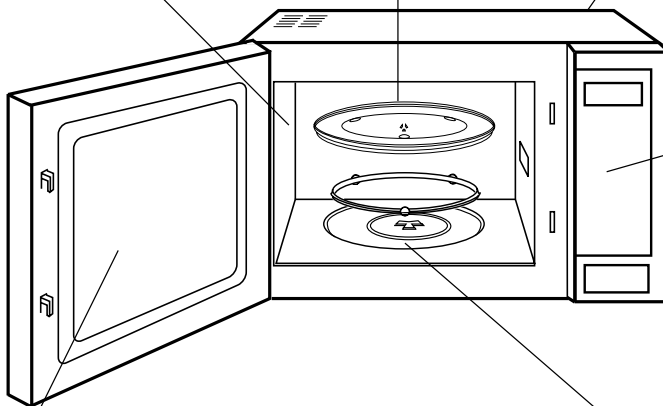
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

Glass Tray:

Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a non-abrasive nylon mesh scouring pad and a non-abrasive cleanser.

Outside oven surfaces and back vents.

Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.



Control Panel:

•If it becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel.

Oven Door:

Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or of microwave leakage.

Roller Ring and oven cavity floor:

Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise and scratching.

Technical Specifications

	NN-S754 / NN-S784 / NN-T704 / NN-T774 / NN-T784 / NN-T794
Power Supply:	230 - 240 V 50 Hz
Power Consumption*:	1,150 W 5.1 A
Power Requirement (Maximum):	1,950 W 8.6 A
Cooking Power*:	1,100 W
Outside Dimensions (H x W x D):	304 mm x 555 mm x 493 mm
Oven Cavity Dimensions (H x W x D):	221.5 mm x 418 mm x 470 mm
Operating Frequency:	2,450 MHz
Uncrated Weight:	Approx. 14.3 kg
Trim Kit	NN-TK719SQPQ (Stainless)
Trim Kit cabinet opening	(only for NN-T774 / T784) 576 mm x 389 mm

* IEC Test Procedure

Specifications subject to change without notice.

Panasonic Technics

WARRANTY

1. The product is warranted for 12 months from the date of purchase. Subject to the conditions of this warranty Panasonic or its Authorised Service Centre will perform necessary service on the product without charge for parts or labour if, in the opinion of Panasonic, the product is found to be faulty within the warranty period.
2. This warranty only applies to products sold by Panasonic Australia or its Authorised Distributors or Dealers and only where the products are used and serviced within Australia or its territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service Centre and only if valid proof of purchase is presented when warranty service is requested.
3. This warranty only applies if the product has been installed and used in accordance with the manufacturer's recommendations (as noted in the operating instructions) under normal use and reasonable care (in the opinion of Panasonic). The warranty covers normal domestic use only and does not cover damage, malfunction or failure resulting from use of incorrect voltages, incorrect installation, accident, misuse, neglect, build-up of dirt or dust, abuse, misadjustment of customer controls, mains supply problems, thunderstorm activity, infestation by insects or vermin, tampering or repair by unauthorised persons (including unauthorised alterations), exposure to abnormally corrosive conditions or any foreign object or matter having entered the product.
4. This warranty does not cover the following items unless the fault or defect being complained of existed at the time of purchase.

(a) Video or Audio Tapes.	(c) Shaver Heads or Cutters.	(f) Thermal Paper, Toner/Ink Cartridges,
(b) Video or Audio Heads and Stylus resulting from wear and tear in normal use.	(d) Cabinet parts.	Drums, Developer, Film (Ink/Ribbon),
	(e) User replaceable Batteries.	Film Cartridge, Printer Heads
		(g) Microwave Oven cook plates.
5. If warranty service is required you should:
 - Telephone Panasonic's Customer Care Centre on 132600 for the name/address of the nearest Authorised Service Centre.
 - Provide a copy of your purchase receipt as proof of date of purchase.
 - Send or bring the product to a Panasonic Authorised Service Centre. Please note that freight to and / or from your nearest Authorised Service Centre must be arranged by you.
 - Note that home service is available for the following products in the major metropolitan areas of Australia or the normal operating areas of the nearest Authorised Service Centres:

Television Receivers (screen size greater than 39 cm)	Microwave Ovens (convection only)
Electronic Organs or Pianos	Whiteboard (except portable type)
6. The warranties hereby conferred do not extend to any costs associated with the delivery, handling, freighting or transportation of the product or any part thereof or replacement of and do not extend to any damage or loss occurring during, or associated with, transit.

Panasonic Authorised Service Centres are located in major metropolitan areas and most regional centres of Australia, however, coverage will vary dependant on product. For advice on exact Authorised Service Centre locations for your product, please telephone our Customer Care Centre on 132600.

Unless otherwise specified to the consumer the benefits conferred by this express warranty are additional to all other conditions, warranties, guarantees, rights and remedies expressed or implied by the Trade Practices Act 1974 and similar consumer protection provisions contained in legislation of the States and Territories and all other obligations and liabilities on the part of the manufacturer or supplier and nothing contained herein shall restrict or modify such rights, remedies, obligations or liabilities.

THIS WARRANTY CARD AND THE PURCHASE DOCKET (OR SIMILAR PROOF OF PURCHASE) SHOULD BE RETAINED BY THE CUSTOMER AT ALL TIMES

If you require assistance regarding warranty conditions or any other enquiries, please contact the Panasonic Customer Care Centre

By phone 132600 or via the website www.panasonic.com.au

Panasonic Australia Pty. Limited ACN 001 592 187 ABN 83 001 592 187

NEW SOUTH WALES
PO Box 505, Frenchs Forest, NSW 1640

WESTERN AUSTRALIA
PO Box 376, Welshpool, WA 6986

VICTORIA
Private Mail Bag 13, South Eastern Mail Centre, VIC 3176

QUEENSLAND
PO Box 5260, Albion, QLD 4010

SOUTH AUSTRALIA
PO Box 500, Hindmarsh, SA 5007

www.panasonic.com.au

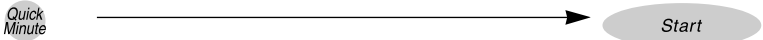
Quick Guide to Operation

FOR ALL MODELS

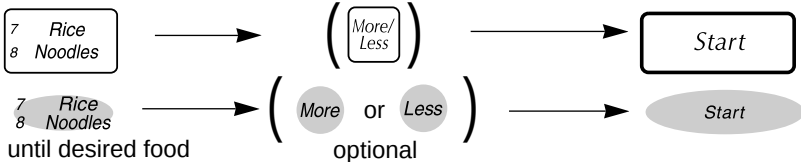
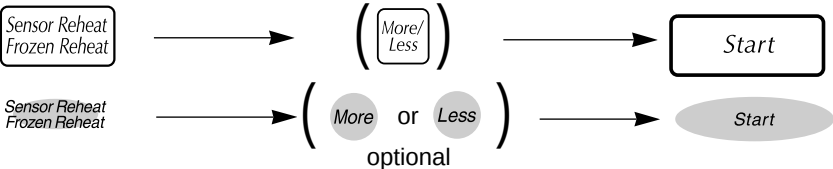
Feature	How to Operate
To Set Clock (☞ page 10)	(Hours) or → Clock (Mins) Clock → 0 to 9 → Clock Set time of day. (Max 12:59)
To Set / Cancel Child Safety Lock (☞ page 10)	To Set: or → Display: LOCK 3 times To Cancel: or → Display: 12:35 3 times
To Cook / Reheat / Defrost by Micro Power and Time Setting (☞ page 9)	Micro Power → → Start Power Level (10 Levels) → 0 to 9 → Start Select power. Set the cooking time.
To use Turbo Defrost Pad (☞ page 12)	Turbo Defrost → Start Weight Defrost → 0 to 9 → Start Set weight.
To Use as a Kitchen Timer (☞ page 11)	Timer → → Start Timer → 0 to 9 → Start
To Set Standing Time (☞ page 11)	Set the desired cooking programme. (See Page 9) → Timer → → Start → Timer → 0 to 9 → Start
To Set Delay Start (☞ page 11)	Set the desired cooking programme. (See Page 9) → Timer → → Start → Timer → 0 to 9 → Start

Quick Guide to Operation

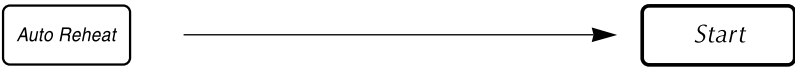
FOR NN-T794 / T784 / T704

Feature	How to Operate
To Use "Quick Minute" Pad (☞ page 16)	 up to 10 minutes.

FOR NN-S784 / T794 / T784 / T774 / T704

Feature	How to Operate
To Cook using "Sensor Cook" Pads (S) (☞ page 14)	 Press until desired food category pad appears.
To Reheat using "Sensor Reheat" Pads (☞ page 15)	

FOR NN-S754

Feature	How to Operate
To Cook using "Auto Cook" Pads A (☞ page 17)	 Press to select the desired food category. Select serving size.
To Reheat using "Auto Reheat" Pads (☞ page 16)	 Press to select weight.